

Public Housing & Section 8

Family Self-Sufficiency Program

FALL
2018

Quarterly Newsletter

Message from
Coordinators

What's Happening

Upcoming Events

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Karen's Korner

As the summer comes to an end, it is time to focus on work and getting things done. The *fall* is a beautiful time of the year to stay motivated because as you approach the end of the calendar an extra charge of energy and *motivation* can help you to achieve your goals.

In this issue you will find various articles that hopefully will inspire as well provide you with resource information to "Git-R-Done"

Happy Fall
Y'all

Karen



Nina's Nook

School has started back up again and it's time for reuniting with friends, meeting new friends, meeting teachers and learning. It's good that children ask questions: that's the best way to learn. As a parent, you can awaken your children to the joy of learning by encouraging their imagination and curiosity. By doing things together, you will show that learning is fun and important.

"Have a Great New School Year"

Nina

Fall Birthdays

Want to wish you all a "HAPPY BIRTHDAY"



FY 2018 PH FSS ESCROW SUMMARY

An average of 18 participants from Public Housing have earned \$25,521 in FSS Escrow over a 12 month period. Monthly escrow credits have ranged from \$24 to \$487 per month.



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HCV FSS UPDATES

10 New FSS Participants
9 New FSS Escrow Accts.
7 Successful Graduates



Are you motivated to achieve what you really want in life?

How hard do you push yourself to get things done?

Wanting to do something and motivating yourself are actually two different things!

Four factors are necessary to build the strongest levels of self-motivation:

Self-confidence and Self-Efficacy

Part of being self-motivated is having good levels of self-assurance, Self-efficacy is a belief in your own ability to succeed. It contributes to how much effort a person puts into a goal in the first place, and how much you persevere despite setbacks. Develop a general level of self-confidence by taking these steps: 1) Think about the achievements in your life 2) Examine your strengths 3) Determine what other people see as your strengths and capabilities 4) Set achievable goals for yourself, work to achieve them and enjoy that achievement.

Positive Thinking, and Positive Thinking About the Future

Your life today is the result of your attitudes and choices in the past. Your life tomorrow will be the result of your attitudes and choices you make today.

To apply “the power of positive thinking” do the following: 1) Become aware of your thoughts. Write these down throughout the day 2) Challenge your negative thoughts and replace them with positive ones 3) Develop affirmations that you can repeat to yourself throughout the day. These statements should remind you of what you want to achieve and why you will achieve it.

Focus and Strong Goals

First, determine your direction through effective goal setting. When you set a goal, make a promise to yourself This will give you strength and a clear direction. It will challenge you to keep that promise. Be sure to schedule your time and resources effectively. Prioritizing and establishing a schedule will help you succeed. It doesn't make sense to work until your exhausted or give up one goal to achieve another.

Motivating Environment

The final thing to focus on is to surround yourself with people and resources that will remind you of your goals and help you with your internal motivation. These are external factors and will help get you motivated from the outside. The more factors you have working for you the better. You can't just rely on the “environmental” or outside elements alone to motivate you, BUT, you can use them as extra support.





Motivate Your Child



Ways for Children to Learn

1. Fill your child's world with reading.
2. Encourage him/her to express their opinion, talk about their feelings, and make choices.
3. Show enthusiasm for your child's interests and encourage them to explore subjects that fascinate them.
4. Provide them with play opportunities that support different kinds of learning styles-from listening and visual learning to sorting and sequencing.
5. Point out the new things you learn with enthusiasm.
6. Ask about what their learning in school, not about their grades or test scores.
7. Help your child organize their school papers and assignments so they feel in control of their work.
8. Celebrate achievements, no matter how small.
9. Focus on strengths, encouraging developing talents.

10. Turn every day events into learning opportunities.
11. Encourage them to use an encyclopedia and dictionary.
12. Limit their television watching.
13. Limit their gam playing: X-Box, Play-Station, etc.
14. Demonstrate a positive attitude about education to your children.
15. Go exploring with them and learn about plants, animals, and geography.
16. Discuss the daily news with them.
17. Make sure they get a good night sleep, to be alert and ready for school.



Nina Weese-Meyer
HCV FSS Coordinator

“You can teach a student a lesson for a day; but if you can teach them to learn by curiosity, they will continue the learning process as long as they live”

“The beautiful thing about learning is that no one can take it away from you”

“Education’s purpose is to replace an empty mind with an open one”

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires”



ROSS COUNTY BOARD OF ELECTIONS
475 Western Ave., Suite D – PO Box 1663, Chillicothe OH 45601
Phone: 740-775-2350
Fax: 740-775-2383

rossboe@horizonview.net

Regular Office Hours: 8:00 a.m. to 4:00 p.m.

Important Dates:

October 9th Registration Deadline – Last day to register or update for the November General Election

October 10th – Early Voting Begins

October 25th – Pre-General Campaign Finance Report due

November 6th – General Election Day

Community Service Providers



Giving Hope Today

71 East 4th Street
P.O. Box 451
CHILLICOTHE

Telephone: 740-774-2760

Email: Abraham.Garrett@use.salvationarmy.org

Services Offered:

Camping Activities	Store
Casework Services	Women's Ministries
Character Building Programs	Worship Services - Children's / Teen
Christian Education	Worship Services - Church
Community Recreation Programs	Worship Services - Sunday School
Day Camp Activities	Worship Services - Young Adult
Domestic Violence Services	Worship Services - Youth Ministries
Emergency Financial Assistance	
Men's Ministries	
Music & Arts Programs	
Residential Camping Activities	
Seasonal Services	

Assistance House



11 W. 5th Street
Chillicothe, Ohio 45601
(740) 774-3560

Clients seen by appointment only

ASSISTANCE AVAILABLE TO WORKING CITIZENS ONLY



ENERGY ASSISTANCE PROGRAMS APPLICATION JULY 2018 – MARCH

2019 Ohio's Energy Assistance Programs can help income eligible Ohioans manage their utility bills. The Home Energy Assistance Program (HEAP), and emergency HEAP provide the benefit directly to a customer's utility bill. The Percentage of Income Payment Plan Plus (PIPP) is an extended payment plan in which customers pay a percentage of their income toward their utility bill each month. If you are looking to improve the energy efficiency of your home, the Home Weatherization Assistance Program or Electric Partnership Program can help. Visit energy.development.ohio.gov to find your local provider. You can apply for the Energy Assistance Programs by completing this application and mailing it in or by scheduling an appointment at your local Energy Assistance Provider or by visiting energyhelp.ohio.gov and completing the application online. Please note if you mail in your application, it can take 12 to 16 weeks to process. If you are applying for PIPP for the first time you must visit your local Energy Assistance Provider.



Events



Can't afford a lawyer?

For Events, Fun Things to Do This Fall

Check out www.visitchillicothe.com



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SAVE - THE - DATE

2018 HEALTH & SAFETY FAIR

9.29.18

SHOEMAKER CENTER

10 AM - 1 PM



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**Health Screenings Blood Pressure Checks
Flu & Pneumonia Shots Simulations
Red Cross Blood Drive Entertainment
Raffles & Giveaways**

FEATURING

**Touch a Truck Experience
Car Show and SAMSON the Monster Truck**



All CMHA offices will be closed

Oct. 8th - Columbus Day

Nov. 12th- Veterans Day

Nov. 22nd- 23rd– Thanksgiving

Chillicothe Metropolitan
Housing Authority
178 W. 4th Street
Chillicothe, OH 45601



We would love to hear from you! Let us know what types of articles you are interested in. What information you would like provided. Your suggestions, ideas and comments are welcomed. Give us a call or drop us an email.

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